



Sequoia & Kings Canyon

National Park Service
U.S. Department of the Interior

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National Parks



Trails of the Foothills

Foothills trails are especially enjoyable during winter and spring when higher-altitude trails are covered with snow. A variety of hiking trails allows you to explore river gorges, waterfalls, and an array of native plants and animals.

Enjoy your hike safely:

Poison oak is plentiful but, with care, can be avoided.

Stay on maintained trails to avoid injuries.

Watch for and keep a safe distance from **rattlesnakes**.

After your hike, check your clothing for **ticks**.

Rivers are dangerous all year, and especially in spring and early summer when water is swift and cold. Drownings occur in these parks every year in every season. When in doubt, stay out of the water.

Indian Head River Trail

1/4 mile each way
Starting elevation: 1500'
Lowest elevation: 1400'
Difficulty: Easy

This short trail, named for the historic carved park entrance sign, starts at the Generals Highway, 0.1 miles from the Ash Mountain entrance station. Park at the historic sign. The

trailhead is on the east end of the parking area. Alta Peak (11,204') and Moro Rock are visible from the trail.

Marble Falls Trail

3.7 miles one way
Starting elevation: 2000'
Highest elevation: 4550'
Difficulty: Moderate

One of the most dramatic trails in the foothills, it ends at Marble Falls. It provides views of some of the most rugged terrain in Sequoia National Park. Park in the overflow lot across the highway from Potwisha Campground. The trail begins on a dirt road at the upper end of the campground near

site #14. A short distance later, a sign on the right side of the road marks the trail.

If you go beyond the base of Marble Falls, use caution. Water and slippery rocks are beautiful but dangerous.

Hospital Rock River Trail

1/8 mile each way
Starting elevation: 2800'
Lowest elevation: 2700'
Difficulty: Easy

Some of the finest examples of local Native American pictographs can be seen near the Hospital Rock Picnic Area. The largest Indian village within current park boundaries once thrived here.

Just across the campground road from the pictographs is a short trail that leads down to the Middle Fork of the Kaweah River. There you will find several large pools.

Middle Fork Trail

3 miles one way to Panther Creek
Starting elevation: 3350'
Highest elevation: 3900'
Difficulty: Moderate

Leading eventually to the high country, the first miles of the Middle Fork Trail provide broad views of the upper canyon of the Middle Fork of the Kaweah, Moro Rock, and Castle Rocks. Take Buckeye Flat Road; a dirt road branching off to

the left leads to the trailhead. In winter, both roads are closed to vehicles so park at Hospital Rock (this adds 3.4 miles round-trip). Wilderness permits are required for overnight use.

Paradise Creek Trail

1 mile one way
Starting elevation: 2800'
Highest elevation: 3400'
Difficulty: Moderate

Gentle Paradise Canyon contrasts sharply with its surrounding terrain. The trail begins in Buckeye Flat Campground near site #28. If you are not camping there, park at Hospital Rock Picnic Area and walk the 1.1 miles to the campground.

The trail crosses Middle Fork Bridge then parallels Paradise Creek, passing waterfalls and pools. The trail grows quite faint after one mile. Turn around unless you are prepared for off-trail hiking.